



SMART SOCK CAN HELP JOGGERS RUN BETTER AND DETECT INJURIES

 WORK & LIFESTYLE

The Sensoria sock includes a sensor that can not only suggest exercise improvements, but also inform the wearer of bad running habits and track recovery from injury.

We've seen [wearable patches for horses](#) that offer ultrasound therapy to treat muscular injuries, but could wearable tech help detect health problems in humans? The [Sensoria](#) sock includes a sensor that can not only inform the wearer of bad running habits, but also track their recovery.

While regular joggers have become accustomed to apps and gadgets that accompany them on their run, many are tailored to provide statistics to help users hit targets to improve their general fitness. The Sensoria is a smart sensor that can be attached to a specially developed sock embedded with electronic fibers. The device can track not only the type of activity being performed, pace, distance and lap times, but also the user's stance, running cadence, foot landing position and average stride length. When connected with the accompanying app, users are notified if their running style is over or under-pronated, which can cause damage to their feet. If an injury does occur, the Sensoria can be used to analyze improvement of their technique and let them know if the methods they're using are working. The video below explains more about the ideas behind the Sensoria:

Heapsylon, the company behind the device, has already received investment from [Flextronics](#) and has launched an [Indiegogo](#) campaign to crowdfund the project. A kit consisting of a pair of washable Sensoria socks, an ankle sensor and the Sensoria app is currently available for USD 99.

Given that 60 percent of regular joggers experience some kind of foot injury each year, technology like the Sensoria could help save runners pain as well as reducing the number of trips to the doctor. Are there other ways to expand the capabilities of similar lifestyle and leisure trackers?

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